



100MeilenBerlin Der Mauerweglauf

Berlin / 17.08.2013-18.08.2013

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Tschernatsch, André

□□□: 23:18:20

□□: Hanau

□□: 6.87 km/h

□□: 18

□□□□: 8:41 min/km

□□: 160.90 km

□□□□□/□□□: 81 (of 221)

100MeilenBerlin

□□□□□/□: 73 (of 193)

□□□□□□: 15:53:45

□□□□:

□□□□□: 18(of 52)

Senioren M50 (50-54 Jahre)

□□□□□□: 18:08:24

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
km 6,28 Gedenk:	6.28	42:05	6:42	23	5:53	90	8:45	6.28	42:05	6:42	23	5:53	90	8:45
km 11,32 Behms	5.04	32:09	6:22	19	4:20	95	7:27	11.32	1:14:14	6:33	25	7:31	98	16:12
km 22,10 Lübars	10.78	1:11:05	6:35	24	15:18	96	20:09	22.10	2:25:19	6:34	26	21:00	98	32:08
km 32,52 Naturs	10.42	1:11:44	6:53	20	14:06	87	19:58	32.52	3:37:03	6:40	22	34:36	89	47:33
km 43,36 Ruderc	10.84	1:23:04	7:39	25	23:01	111	30:16	43.36	5:00:07	6:55	23	57:11	95	1:15:56
km 55,35 Schönv	11.99	1:41:00	8:25	41	33:50	147	40:43	55.35	6:41:07	7:14	28	1:31:01	111	1:56:39
km 68,07 Garten	12.72	1:52:50	8:52	33	32:01	120	39:53	68.07	8:33:57	7:33	27	2:03:02	109	2:35:48
km 80,53 Schloß	12.46	1:51:55	8:58	20	31:00	90	40:52	80.53	10:25:52	7:46	26	2:34:02	104	3:08:44
km 99,65 Geden	19.12	2:44:39	8:36	24	41:01	87	59:56	99.65	13:10:31	7:55	23	3:15:03	98	3:55:29
km 112,75 Sport	13.10	1:54:31	8:44	13	21:04	48	1:47:39	112.75	15:05:02	8:01	21	3:36:07	91	4:28:33
km 124,92 Lichte	12.17	2:09:08	10:36	22	43:39	75	50:22	124.92	17:14:10	8:16	21	4:11:11	88	5:17:20
km 134,98 Buck	10.06	1:37:56	9:44	27	20:55	80	40:27	134.98	18:52:06	8:23	21	4:18:03	85	5:51:23
Test	9.89	1:50:16	11:08	25	29:35	75	47:29	144.87	20:42:22	8:34	20	4:42:50	82	6:38:29
Stadion Lobeckst	16.01	2:35:58	9:44	17	34:23	44	46:06	160.90	23:18:20	8:41	18	5:09:56	73	7:24:35